February 7, 2003 Vol. 38 No.3 Naval Air Station Fallon, Nevada

# mall Pox vaccines arrive at N

Secretary of State Collin Powel addressed the United Nations recently to divulge evidence of Iraq's non-compliance with U.N. Resolution 1441 which requires Iraq to disassemble weapons of mass destruction. Of those weapons, biological agents are of a great concern to the U.N. Council. Among the biological agents in question is the Small Pox

Smallpox is a serious, contagious, and sometimes fatal infectious disease. There is no specific treatment for smallpox disease, and the only prevention is vaccination.

Smallpox outbreaks have occurred from time to time for thousands of years, but the disease is now eradicated after a successful worldwide vaccination program. The last case of smallpox in the United States was in 1949. The last naturally occurring case in the world was in Somalia in 1977. After the disease was eliminated from the world, routine

vaccination against smallpox among the general public was stopped because it was no longer necessary for prevention.

Today, vaccination is needed as protection for our troops against possible battlefield attack and for American citizens against terrorist attack on the homeland.

In a show of leadership by example, George W. Bush, President of the United States and Commander in Chief of the Armed Forces recently received a vaccination to protect him from the Small Pox virus. He then ordered each branch of the military to do the same. Taking the first steps to comply with that order, the Branch Medical Clinic here will be vaccinating its staff against the Small Pox virus in a series of inoculations beginning with four of its members. The initial four represent first respondent medical personnel. Eventually all medical personnel will be vaccinated.

The smallpox vaccine helps the body develop immunity to smallpox.

The vaccine is made from a virus called vaccinia which is a "pox"-type virus related to smallpox. The smallpox vaccine contains the "live" vaccinia virus—not dead virus like many other vaccines. For that reason, the vaccination site must be cared for carefully to prevent the virus from spreading. Also, the vaccine can have side effects

The vaccine does not contain the smallpox virus and cannot give you smallpox. Currently, the United States has a big enough stockpile of smallpox vaccine to vaccinate everyone in the country who might need it in the event of an emergency. Production of new vaccine is underway.

According to HM1 James Patch, medical personnel and those deploying to high-risk regions will receive the vaccination first. "After that we have the ability to move outward into the base and tenant commands, vaccinating deployable personnel first," he said. No specific time frame has been set to complete the vaccinations. Petty Officer Patch added that dependents and civilian personnel are not scheduled to receive the vaccinations at this time, but that the U.S. government has ordered the production of enough smallpox vaccine to immunize the American public in the event of a smallpox outbreak. Right now, the U.S. government has access to enough smallpox vaccine to effectively respond to a smallpox outbreak in the United States.

"In order to administer the vaccine, you must already have received it yourself," said Patch, meaning that in the event of an outbreak, first response personnel must be protected to allow them to care for the general populace. The first four corpsmen to receive the vaccination are HM1 Patch, HM1 Cook, HM2 Cobb and HM2 Covert. Though this is a new program, the Branch Medical Clinic is fully prepared and, according to Patch, "there will be no interruption in the clinic services while we are conducting this evolution.'

Though there has been some debate in the media over the necessity of widespread vaccination and the inherent risks involved, Patch holds no such reservations for himself or any other service member getting the vaccination. "I've received it once before; almost everyone my age has had it, and I don't think there is anything to really worry about. It's been widely used in the past," he said. Patch added that he believes there may be some trepidation over the vaccine among younger personnel because it's new

Patch explained that NAS Fallon is on schedule with the program and that all other naval installations are also complying. "Every base will take care of their own," said Patch, explaining the Navy-wide aspect of the program. "Even though most of us here are not on a deployable status, aside from those who come here to train, we're all at risk and need this protection," he said.

### Cole takes helm of Fighting Saints

Fighter Squadron Composite Thirteen recently conducted a change of command ceremony where CDR John E. Cole relieved CDR Robert W. Bertrand as commanding officer of the 'Fighting Saints'.

The ceremony marked the 22<sup>nd</sup> change in leadership since the squadron was commissioned in 1973. The Saints are manned with 77 Navy personnel including 33 enlisted and 44 officers. Maintenance support for the squadron's F-5E/F Tiger II aircraft is provided by civilians

who work for Sikorsky Company. These three elements of the Saints team combine to fly over 5,000 adversary sorties per year.

CDR Cole selected for command of the Saints and reported in August of 2001 as the Executive Officer and adversary pilot in the F-5E/ F Tiger II.



Photo by JO1 Patrick Lane

# EOD makes a 'bang' with area schools

By: JO2 Eric D. Ritter

The base Explosive Ordnance Detachment, Mobile Unit 11, recently conducted a safety seminar for elementary school children at the West End Elementary School.

The presentation covered safety issues regarding dynamite and blasting caps, which are used by mining companies and military ordnance. Designed to educate kids on the hazards associated with explosives, the seminar is a community outreach service initiated by Lt. John Lenox, OIC of the EOD Unit. "With the amount of mining conducted in Nevada a lot of explosives have been expended in the state over the years. It's not impossible for a child to come across

We want to educate children on how to recognize explosives and what to do if they ever find any," said

As part of the presentation, EOD showed the children a display of inert explosives that could represent real explosives that may be found in the area.

The EOD unit on base is responsible for rendering safe any unexploded ordnance on the four

EOD, Cont. on Page 8



unexploded ordnance whether EOD, OIC, Lt. John Lenox shows off the ordnance removal robot to children in storage or in the wilderness. at West End Elementary to raise awareness about the dangers of explosives

that may be found (Photo by JO2 Eric D. Ritter)

# Captain's Call



with NASF Commanding Officer, Capt. Brad T. Goetsch

It has come to my attention that there are concerns among base personnel about the possibilities of the base going to a heightened security level in the event of hostilities in Iraq or terrorist at-



tacks in the US. Most of us remember the response to the attacks of September 11, and the challenges of traffic delays that resulted here.

It is important to know that the security of the base, the safety of our people and the continued performance of our mission are the paramount considerations where Force Protection is concerned. Keeping that in mind, we also understand the needs of our Sailors and their families. Though we cannot discuss exactly what will take place in the event of a national emergency or military action, it is safe to say that we can anticipate a heightened Force Protection posture with associated delays and impacts to normal operations. There are things you can do now to help avoid potential problems.

Make sure paperwork and base stickers on your vehicle are accurate and up to date. Be sure to carry proper identification at all times and ensure visitors in base housing are properly documented. Give yourself extra time to get to work. Double-check recall information and update phone numbers and other contact information. Be sure you are aware of your status regarding essential personnel and your responsibilities during contingency situations. Do not obligate yourself to childcare or petcare that depends on your being somewhere on a very tight schedule as heightened Force Protection or an actual terrorist incident could impact movement on and off base (and have a back up plan). Security, Ops, Emergency Response personnel and senior leaders may be required to remain on base under certain circumstances. Plan ahead, and talk to your supervisor.

Above all, be patient and understanding. Your help is needed in making sure we are ready to meet our obligations. Working as a team we can operate this base at its maximum potential while, at the same time, meeting the needs of all our personnel.

# Chaplain's Corner



### Chaplain Chat

By Father Tom Friedl

Aaaah... love's in the air. Valentine's Day approaches and many a heart goes pitter-pat in anticipation of spending a romantic evening of lust with "the one you love." Most retailers are also hoping you die-hard romantic types will open wide your wallets and spend lavishly. Commercialism wants you to believe that your love is proportional to the amount of money you spend on that someone special. What an awful way to look at Valentine's Day. Poor Saint Valentine is probably spinning in his grave over what is being perpetrated in his name.

Here's a short historical summary of how Valentine's Day came to be according to www.AmericanCatholic.org:

"The roots of St. Valentine's Day lie in the ancient Roman festival of Lupercalia, which was celebrated on Feb. 15. For 800 years the Romans had dedicated this day to the god Lupercus. On Lupercalia, a young man would draw the name of a young woman in a lottery and would then keep the woman as a sexual companion for the year.

Pope Gelasius I was, understandably, less than thrilled with this custom. So he changed the lottery to have both young men and women draw the names of saints whom they would then emulate for the year (a change that no doubt disappointed a few young men). Instead of Lupercus, the patron of the feast became Valentine. For Roman men, the day continued to be an occasion to seek the affections of women, and it became a tradition to give out handwritten messages of admiration that included Valentine's name.

There was also a conventional belief in Europe during the Middle Ages that birds chose their partners in the middle of February. Thus the day was dedicated to love, and people observed it by writing love letters and sending small gifts to their beloved."

Valentine's Day is a wonderful reminder of our most fundamental human need to be loved and of our capacity to genuinely love and care for another person. In our daily lives we do many things that we think are expressions of love. But Valentine's Day reminds us that authentic love is self-sacrificing (remember that Saint Valentine was an early Christian martyr), and expresses itself in the ability to place the needs of another before my own. It is this definition of love that ought to be at the heart of marriage and family. A simple, "I love you," spoken from the depths of the heart while gazing into the eyes of one's beloved is better than any gift money can buy. That is the kind of love the Creator has for each and every one of us. Happy Valentine's Day to all.

# New News from Not So New Shop

Please stop by the Not New Shop and check out our weekly specials, we are located between the Theatre and Car Wash. We carry uniforms and clothing for the entire family. We also have dishes, books and occasionally have a piece of furniture or two.

All money raised comes directly from donated items. The Not New Shop is run completely by volunteers -if are you are interested in volunteering please call and ask for H. Borden. For

information or inquiries, please call 426-3440.

Over the past two years the Not New Shop has raised close to \$24,000.00 for military and Fallon community charities. This year \$2,700 has benefited the NASF Christmas Angel Tree and Food Basket programs and approximately \$6,000 has been contributed to College scholarships. Any NASF unit or Not For Profit Organizations requesting support from the Not New Shop should call

and ask for B. Eby. Your support is greatly appreciated.

### Chapel Services

### Catholic

Sunday: 9:30a.m. Mass For other Catholic services available in town, please call St. Patrick's at 423-2846

#### **Protestant**

Sunday: 11a.m. Worship Service Communion Sunday is the first Sunday of each month.

The Desert Roundup Editorial Office, Public Affairs Office NAS Fallon, NV 89496

This civilian enterprise newspaper is an authorized publication for members of the military services. Contents of the Desert roundup are not necessarily the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation of any other non-merit factor of the purchaser, user or patron. If a violation of this equal opportunity policy by an Advertiser if confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Inquiries regarding the placement of paid advertising should be directed to the Lahontan Valley News and Fallon Eagle Standard Advertis-

ing Manager at 562 N. Maine St., Fallon, NV 89407 or by telephone at (775)

Published semi-monthly by Lahontan Valley News, a private firm in no way connected with the Department of Defense, the Navy, under exclusive written agreement with NAS Fallon.

News Submission: The editorial content is edited, prepared and provided by the Public Affairs Office, NAS Fallon.

Submissions in the form of news and feature stories, photographs and letters to the editor are encouraged; these must include author's name, rating, rank and unit for military, and position and department for civilian personnel.

All submissions, with the exception of letters to the editor, must include duty phone number for verification of information. Signed letters to the editor will be considered for publication unless the writer requests that the contents not be published. Names will be withheld upon request. News and feature copy may be edited for adherence to appropriate news style and are subject to editing due to space limitations. Submit articles by e-mail or in text format on 3.5" disks and hard copy. Deadline is noon, nine days prior to publication.

Classified Ads: Classified advertising of personal items and services for

sale by members of the command may be accepted free of charge provided such items and services are not business operations, but represent an incidental exchange between active duty and retired military personnel and their families and from civilian employees at NAS Fallon. Free classified ads are limited to 24 words or less and must be submitted directly to the publisher on a form available in the Public Affairs Office.

Deadline for free classified ads is the same as the deadline for submission of article and photos. These ads are accepted only by mail or delivery by the above date to the office of the publisher, no phone-in ads will be accepted. Free classified ads may be emailed to eric.ritter@navy.mil

Capt. Brad T. Goetsch, Commanding Officer Cmdr. Ed Rybold, Executive Officer Zip Upham, Public Affairs Officer JO2 Eric D. Ritter, Editor/layout&design/Photographer/Writer JO3 Denise Morris, Staff Writer/Photographer



### Staying Connected During Military Separations

For those of you facing deployment or attached to someone who is deployed now or will be deployed soon, this article is for you.

Close your eyes and take a trip back in time.....

It's 1946. A Sailor aboard a military ship somewhere in the Pacific lies down on his bunk, reaches into his pocket, and pulls out the letter he received more than two weeks ago from his young wife back home. He reads every word of it as if it were the first time, carefully refolds the letter, and puts it safely back into the pocket of this shirt, close to his heart, just as he has done the other 30 or 40 times he has read it.

Got the picture? Okay, now fast forward to the 21st Century. This time the young sailor is stationed on a Navy Ship and headed for the Gulf. His wife is back home, living with her parents while she completes her education. Neither the sailor nor his wife enjoy being apart, but the circumstances of his budding career and the opportunity for her to meet her educational goals carries a heavy influence on life in the present. They thought deployment would be easy. . .after all, they are both from the computer generation and have had great success with email messages, photo galleries and favorite sites. What's the problem when they are just a "keyboard away" from each

So, the young sailor on his way to the Gulf turns on his laptop every evening to read emails from home. In the beginning, they were like journals

> Every Thursday From 1130-1245

Here at the FFSC, Bldg 309

Call 775 426-3333 for more information!

providing every detail of his wife's day. That was before the new semester began. Now the emails have changed. Sometimes they are only one-liners with quick updates that have minimal explanation and leave much to the imagination. When the car broke down and she needed to have it towed, she let him know that she had taken \$300 dollars out of the savings account to pay for the repairs. He had planned to use that \$300 dollars to surprise her with a gift when he returned home. He wrote back asking her to borrow the money for the repairs from his parents. She wrote back to say that she felt uncomfortable asking family for money because it made her look like she wasn't doing "her job" while he was away. He wrote back (a bit miffed by her response) saying that her concern for her own feelings seemed selfish. Her return email suggested that he was the one who was selfish because he was "barking" orders without consid-

feelings were hurt and their marriage was being tested. Both of these people had their heart in the right place. Neither one bothered to take the time to tell the other person what they really needed.

While email can keep us connected on a daily basis, it leaves a lot to be desired with regard to good

ering what she might be feeling . . . "after all", she said, "he was the one that joined the Navy". Before the end

of the week, emails had become harsh,

way to be desired with regard to good communication skills. Mostly, it because a "quick and dirty" way to stay in touch without much thought or

time spent in perfecting the written word. So how do we keep email communications strong and positive without minimizing the concerns we are experiencing? Here are some tips for using email:

--Make a point to say something positive in every communication, even when a problem needs to be discussed.

--Ask permission to talk about a specific topic before you begin the discussion. Write "I need your input on a decision I have to make . . . . do you have time to talk with me about it with email"?

--Once you've gotten the "goahead" from your partner to discuss a specific topic/problem, take the time to explain all the facts. Avoid shortcuts. The words you leave out will most likely cause a misunderstanding.

--After you've solved the problem together, move on to less "heavy" discussions and focus on something both of you remember or are looking forward to.

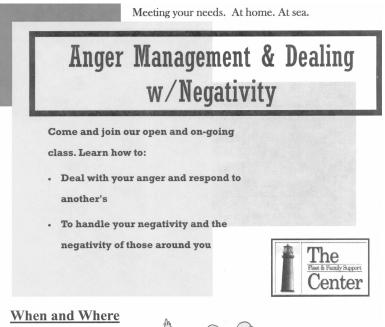
--Avoid surprises when discussing feelings, family concerns and

children

--Avoid jokes or teasing statements that can be misunderstood as "caustic" responses.

Remember, our most important communication tool is non-verbal communications (expressions, body language, and eye contact). When we communicate through email, we are unable to use non-verbal communication (from our partner) as a guide to how well we are being understood. Keep all email clear and friendly, even if it takes extra words than you would normally use.

Most important, communication is the glue that keeps families together during Military separations. Become an expert in your communication so you can write "letters from the heart".



Farewell, Chief Mable



# BZs on Base





AE2(AW) Shawn Pell is congratulated by Ens Richard Hirn during Pell's recent re-elistment ceremony (Photo by AO1 Andres Vazquez)

NASF XO Cmdr. Ed Rybold presents PRC(AW) Phillip Mable with honors during Mable's recent retirement ceremony. Mable was the Equal Opportunity Advisor for the base. While here, Mable was credited with bringing the base sponsorship program back to life as well as improving several other programs. Mable's wife, Linda, was also honored during the ceremony (Photo by JO2 Eric D. Ritter)



AGAN David Kekic is congratulated by Lt. Cmdr Raymond Chartier OIC of NASF Weather Detachment, for earning Sailor of the Quarter



Jess Ellsworth is congratulated by Chartier for earning NPMOD Civilian of the Year



NASF, CO, Capt. Goetsch presents AT2(AW) Gabriel Gonzalez with the Hawiian trip prize from the recent MWR contest drawing (Photo by JO2 Eric D. Ritter).

**Auto Hobby Shop February Special** Clean up your old wheels, engine blocks etc. in our new sandblaster. 50% off

### MWR Intramural Sno-Ball Softball Tournament

Open to all authorized MWR users. Rosters due in Sports World Gym by Feb 12. \$20 per team. 1st and 2nd place team trophies will be awarded. Call 426-2949 for more information.

# Base Pharmacy crunches numbers in a new way

By: JO3 Denise Morris

If you have been in the Branch Medical Clinic lately, you might have used the new Q-Matic when retrieving prescriptions. But, like with anything new, it has caused a little confusion.

According to Capt. Patrick Welter, base Pharmasist, the Q-Matic is a queue management system the pharmacy has installed that collects and uses data unable to capture before.

It also prioritizes patient categories, so active duty members have "head of the line" privileges. The old system merely put all patients in the order they pulled a number.

To simplify use, four categories of patients are used:

#1. Active Duty in uniform

#2. Patients seen in our clinic

#3. Patients with prescriptions from civilian doctors

#4. Patients picking up call-in refills

"The data we collect shows exactly how long our patients wait for service and the time it takes the technician to take care of them at the window." Welter, continued, "We also require those who are picking up call-in refills to take a number. Adding that extra step for our patients gives us an accurate count of all patients served every day. We can also determine how many patients bring prescriptions to us that were written by civilian doctors."

Welter said they will continue to collect data to determine where they need to improve processes and optimize service to pharmacy patrons. To date, it has been determined that the average waiting time is about one minute, and transaction time with a patient is about four minutes.

# Congratulations NAS Fallon Sailors of the Year



AC1(AW/SW) Jesse Roxas Senior Sailor of the Year

AC1(AW/SW) Jesse Roxas of the Naval Air Station Operations Department has been selected as the Station's Senior Sailor of the Year. Designated in writing by the Commanding Officer as a Facility Watch Supervisor, Roxas is responsible for the safe, orderly and expeditious movement of all flight operations and all aircraft utilizing Fallon's Special Air Space. His experience and expertise directly contributed to over 250,000 annual combat training operations in support of eight Carrier Air Wings. Petty Officer Roxas directly supervises 22 personnel and as Department Career Counselor, assists over 100 individuals. His outstanding 'on-the-job' training instruction resulted in 11 professional qualifications throughout the Air Traffic Control Facility. Additionally, Petty Officer Roxas is highly active in the community. He routinely volunteers off-duty hour for several activities benefiting Lahontan Elementary School. He was directly responsible for organizing over 700 manhours of base personnel support, raising over \$2,500 for special programs at Lahontan Elementary School.



IT2 Gary Berry Sailor of the Year

IT2 Gary Berry of the Naval Air Station Security Department has been selected as the Station's Sailor of the Year for 2002. Berry serves as an Assistant Watch Commander and directly supervises 18 personnel. As the ranks of the Security Department were augmented by reserve and auxiliary personnel, Berry's service as Field Training Officer proved a valuable asset. He was responsible for the certification of over 50 newly assigned personnel, quickly assimilating these resources into the field. Petty Officer Berry also made great progress in his personal professional development, completing seven Law **Enforcement Training Certification** Courses. Berry also is active in the community. He participated in the annual Relay for Life benefiting the American Cancer Society as well as volunteering with Operation Safe Halloween, ensuring a safe holiday for area children.



AO3 Reydel Veenstra of the Naval Air

AO3 Reydel Veenstra Junior Sailor of the Year

Station Fallon, Weapons Department has been selected as the Station's Junior Sailor of the Year for 2002. The Canyon City, Colorado native was recognized for her expertise and valuable contribution to the Weapons Department as well as her involvement in numerous civic organizations. Veenstra was a key player in the buildup, breakdown, issue and receipt of over 25 million pounds of ordnance in 2002 and assisted in the weapons certification of over 120 personnel. She also is a member of NASF Color Guard, a Drill Instructor of JROTC Mini-boot camp and a volunteer in the Partners in Education program. Petty Officer Veenstra was awarded the Navy Marine Corps Achievement Medal and has since transferred to the USS Kennedy for duty.

### Sailors of the Quarter, fourth quarter, 2002

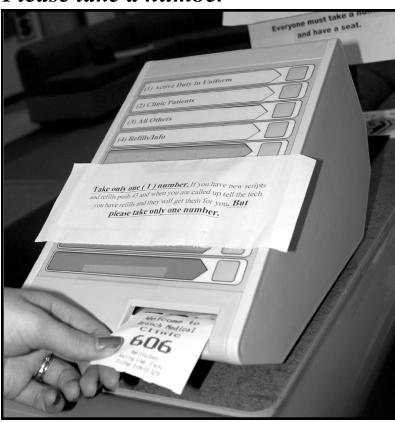
Junior Sailor of the Quarter

MA3 Daniel J. Higginson – NASF Security Department
Sailor of the Quarter

AC2 Michael D. Zaccaro – NASF Operations Department Senior Sailor of the Quarter

AC1(AW/SW) Jesse D. Roxas – NASF Operations Department

### Please take a number



The new Q-Matic number system at the Branch Medical Clinic promises to organize customers in a better way(Photo by JO3 Denise Morris).

# Performance Food Shopping

by Lt.j.g. Marcy Morlock, Naval Hospital Lemoore

Performance is a word you will hear throughout your military career. You are continuously rated on your performance in training, your job and regular physical readiness tests. Following a few sports nutrition principles can help you improve your military performance. Athletes are discovering that what they eat can make the difference between wining and losing. One thing that affects how well you perform in military training is the quality and quantity of the food you intake. The impact of nutrition on athletic performance is so clear that sports nutrition has become a recognized field of nutrition study.

So where are those power performance foods? These types of foods are in any commissary or supermarket. They are the foods that are low in fat, high in carbohydrates and provide an appropriate supply of protein. Whole grain cereals, breads and rolls are an excellent source of nutrition. Remember to keep the sugar on the shelf though. Read the labels, more than eight grams of sugar per serving is too sweet for your smile. Bowties, ziti, roni or just straight spaghetti, pastas are dense carbohydrates that help replenish glycogen storage. Whole-wheat pasta is even better but

more difficult to find in the aisles. Fruits and vegetables are significant sources of carbohydrates, vitamins and minerals. Fresh are best and quite convenient for the grab-andgo snacks throughout the day. Graham crackers, pretzels, baked corn chips, animal crackers and fig bars are a few other high-carb, low fat snack that may help you nibble through your day. Milk, yogurt and cheese serve as great protein sources, but stay toward the skim or 1% to avoid the fat. Fish and seafood, fresh or can-packed in water, are outstanding sources of protein. Beans are a good source or protein and soluble fiber as well. When hydrating during and after endurance activities lasting longer than 60 minutes, fruit juices and sports drinks are quick carbohydrate replenishes.

Shopping for performance food is getting easier all the time. Commissaries and grocery stores are stocking more and more food choices that fit into a performance diet that includes high carbohydrates, low fat, moderate protein and an overall variety of foods. Here are some tips for

your performance food shopping: 1. Shop in the commissary or supermarket. Try to avoid the convenience store setting. Large grocery stores stock much more variety that offers an overall balance of nutrients. Convenience stores offer quick and convenient service but leave you with foods that are generally high in fat and packed with sugar. 2. Make a performance-shopping list and stick to it. Writing out what you need cuts down on those impulse purchases. They may be convenient, but might not fit into your performance-eating plan. 3. Eat before you shop. It is very difficult to follow your performance food list when you are hungry. 4. Read the food labels. This educates you on what you are exactly getting. Comparing labels of similar products can help you discover the best performance food choices.

For those customers choosing to shop for their performance foods at the NASF Commissary, try to shop from the outside in! Many of the performance food items are located along the perimeter of the store. Now that's convenience!

### Harrah's Special

Now that the holidays are over, it's time to relax, unwind and take a mid-winter break at Harrah's Reno.

Harrah's Reno along with the Ticket Office at NAS Fallon, would like to extend the offer of a Complimentary Room for the months of January and February Sunday thru Friday,

based on availability. This would include room, tax, and free Show Voucher for Gordie Brown or Motorcity.

This offer like the one held **Harrah's** Reno along with in December will now be exticket Office at NAS Fallon, tended to include all eligible ald like to extend the offer MWR patrons.

To make your reservations you can either, call 426-2275, email <u>karen.cline@navy.mil</u>



Call the Theater for up-to-date times at 426-2552

## The Desert Classifieds

Pets:

--If you're looking for a new or lost pet, please check with the Churchill Animal Protection Society (CAPS). They have a number of animals available for adoption or sponsorship. Call 423-7500 for more information. Autos:

--2001 GMC Jimmy 4x4 SUV for sale. 26,000 miles, every option but leather. still under warranty. asking \$18,500 firm, well under blue book. Ask for Joel 428-6898

For sale: '86 Mercury Cougar; automatic; runs well but needs some work; \$650 obo; call Shaun at 428-6645

-- '93 Ford Explorer 4x4 Sport 2D. Forest green w/ tan leather. AC, power everything, cruise, alarm. Excellent condition at NASF Lemon Lot, \$4,250 -- email: wannabebob@yahoo.com or call bill at 426-3162

--Motorcycles: 1998 RM 125 Suzuki, many-many extra parts, excellent running machine, must go... asking \$2,850.00 or best offer (O.B.O.); 2001 RM 125 Suzuki, brand new with low hours, must go, asking \$3,750.00 or best offer (O.B.O.) Truck: 1997 Dodge Ram 1500, extended cab, 4x4, 5.9L V-8, automatic transmission, power everything, 3.5 inch lift with off-road tires, sprayed in bed liner, asking \$16,500.00 or best offer (O.B.O.) Contact Dustin Wiggans anytime. Work (775) 426-2319 or Home (775) 428-1122.

--1998 Jeep Grand Cherokee 5.9 Ltd 4x4, AT, CD, Leather, Silver Metallic, A/C, PW,PD/L, Onboard Computer, Nice Condition, 93k miles, \$14,500 OBO. Call Steve (775) 745-0837.--1989 Olds Cutlass Sierra, V6, 4DR, AT, Blue, Cassette, Runs Well, 190k miles, \$1000 OBO, call Steve (775) 745-0837.

--1989 Olds Cutlass Sierra V6, 4DR, AT, Blue, Cassette, Runs Well, 190k miles, \$1,000 OBO. Call Steve (775) 745-0837.

(775) 745-0837.

--1986 Mercury Cougar. Call 428-6645

Lowrider Bicycle Parts: 2 frames 1 gold, 1 red, tires, fenders handlebars, All for \$200 or best offer. Call Ruben at 775 428-1501.

Roper brand Dryer. Almost new works perfectly. \$200. Call Ruben at 775 428-1501

--Kenwood stereo system with cabinet, speakers, 2 sided tape deck, tuner, cd player (holds 5 CDs) and amplifier all are also in excellent condition. Now asking \$500. Please call 423-2624.

--1995 G.E., 21.7 cu. ft., side-by-side, frost-free refrigerator/freezer with ice maker. Asking \$650/OBO. Phone AECS Jim Williamson at 426-3485, during normal working hours or 423-

8619, after working hours.

--1994 CR250L Honda. Great bike! Includes brand new helmet, gloves & gas can. Must go. Asking \$1600 OBO. and

8'x8'x12' chain fence dog kennel.

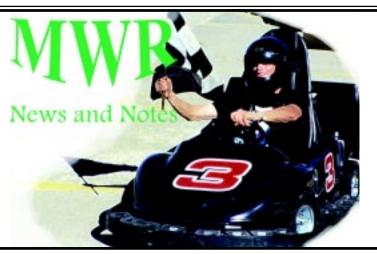
\$100 OBO, hp lawn mower. \$100 OBO. Contact Sean Lawson anytime. work (775) 426-3441. home (775) 423-9255. --Deluxe Stoller with car seat \$45 obo and "Hello Kitty" high chair, \$5; 2 bar stools, \$15 or 1 each, \$8 Call Mardie at 423-2246.

Share Rental—2 bedroom apt. in Fallon. \$275/ month. Includes utilities. 423-7918.

Misc.:

I am looking for a roommate to share a 2 bedroom, fully furnished apartment located in a quiet part of town. The rent is \$275 a month and includes all utilities (elec., gas, water, garbage) Cable TV and telephone are extra. It takes approximately 10-15 minutes to get to Fallon NAS 423-7918

A Reminder to those with ads: If you have an item that is listed in the Desert Classifieds and has been sold, please contact JO2 Eric Ritter at 426-2880, eric.ritter@navy.mil to have it removed. Don't forget, that, if you want something else advertised, contact Ritter with the info. Remeber...it's a free!



### Silver State Officer's Club Feb 14, Valentines dinner specials

Feb 20, Family night, BBQ ribs and chicken

Feb 28, Mardi Gras party in bar PLANET X...426-4000

Karaoke

Every Sunday

8pm-11:30pm

### **Library,** 426-2599

Celebrate African-American Heritage"

Library Lovers' Month

### SPINNERS'CYBERCAFE

WARM UP with Espresso, Gourmet Coffees and more! Call in orders...426-3672

### Jst REC-it EVENTS!

"Liberty Program"

All Single Military &

Geobachelors welcome...

—Las Vegas Trip FEB. 14-17 Sign up by FEB. 7 426-2836

—Rock-N-Bowl FEB. 18

Starts at 7pm \$ 1 for pizza and

bowling

HEALTH & WELLNESS DEPT.:

—5k Tigger Trot Walk/Run

—FEB. 14, Pre Reg \$5.00,

\$7.00 day of race Starting and ending at Gym—10:45am for

walkers, 11am for runners

—MWR Intramural Sno-Ball Tournament FEB. 21 -23

Rosters due in Gym by COB

FEB. 12

\$20 Per Team

USSSA/MWR Rules Apply 15 Trophies to first place team 15 Trophies to 2nd place team

### ITT CALENDAR OF **EVENTS:**

—Sweetheart Special 426-*2275* 

Each time you purchase a ticket enter your name for a chance at two lift tickets for you and your Valentine at one of the following resorts Heavenly, Alpine Mead-

ows or Squaw Valley —FEB. 9 Ride and Ski for \$40

MT. Rose. Leave base at 7am

—FEB. 15 All sweethearts ride and ski for \$32 leave NAS at 6:30am return at 6pm

return at 6pm

—Chance to win a three-day 2-night stay at Circus Circus in Reno.

—Want to set up your own trip? No problem, call 426-2275 to find out what we can do for you.

### **AUTO HOBBY SHOP:**

—February Special 426-2575 Clean up your old rusty wheels, engine blocks etc.. In our new sand blaster!!

### **OASIS FITNESS CENTER:**

Yoga Class 426-2251 Look for schedules, AM & PM **OUTDOOR RECRE-ATION:** 

Presidents day celebration Call 426-2598 for details Holiday weekend all equipment rentals (with the exception of ski boats)1/2 off Fri-Mon Coming soon:

- -Fishing trips
- -Camping trips
- -Boat handling courses & much

### **SAGEBRUSH BOWL:**

Thursdays - all bowling games are \$1 and shoe rentals are \$0.75 from 4pm - 10pm

#### **YOUTHACTIVITIES:**

426-3777

Youth Ski Trips call for more info Fridays - X-treme bowling night

\$6 per person for 2 hours 7pm-10pm Sundays Kid's Day \$ 1 per game 11 am - 4pm Tuesdays - all bowling games are \$ 1 and shoe rentals are .75 from 4pm-10pm Children's parties \$6 per child includes 6" single topping pizza, soda and bowling for two hours! X2451

### **HOT STUFF PIZZA:**

Delivery: 426-2454

# **MOMS AND DADS** We need your help

CDC has learned that there may be funds available for child respite care for families stationed at NAS Fallon. Respite care funds are used to provide free childcare allowing parents time for shopping, medi-

cal appointments, FFSC and community classes and other local activities. These funds are also intended to give "respite time" to parents surviving deployment and unaccompanied tours.



These funds can be available to Fallon families if we are able to show that the need for respite case exists here. In a few weeks, the CDC will be distributing questionnaires at various pick-up points around the base, including the Commissary, the Exchange, Medical, CDC, FFSC, the Galley and the Gym. Additionally, a questionnaire will be printed in this newspaper. If enough parents are able to return the completed questionnaire to CDC indicating that respite care is needed, our request for these funds will be very strong.

Remember, the questionnaire will be available in about three weeks. Look for upcoming reminders in this newspaper about pick-up points. Please provide us with your input on this questionnaire. Your voice can make a difference.

(If you have any questions regarding respite care, please call the CDC at 775-423-5808)

### EOD, from page 1

bombing ranges used by the base. Additionally, the Unit responds to assistance calls from various agencies throughout Nevada and parts of California. In 2002, the unit responded to over 20 emergency calls including the mailbox bomber who was apprehended near Reno. In the first two months of this year, they already have responded to several emergency calls. One of the calls involved disposing of over 160 pounds of dynamite, 1,000 feet of detonation cord and 8,000 blasting caps owned by a miner who passed away. The man's family requested the explosives be disposed of when they discovered them stored on the miner's property.

The EOD unit maintains a fine edge on their skills with extensive training and practical experience in the field. Additionally, they work with cutting edge technology and the latest equipment. A demonstration with the unit's robot showed the kids the capabilities of the remote ordnance neutralization system and was a big hit with the children. "We always get a positive response from kids with the robot. It really helps to get our point across when we have their undivided attention," said Lenox.

The presentation at the West End Elementary School was the first of what the unit hopes to be a series of presentations at schools throughout the area. "We're looking at this to be an ongoing program," said Lenox, of the seminar, which includes static displays, graphic presentations and a host of highly trained technicians. "It's an important training event for the kids that could save lives and we're excited to be doing it," Lenox concluded.